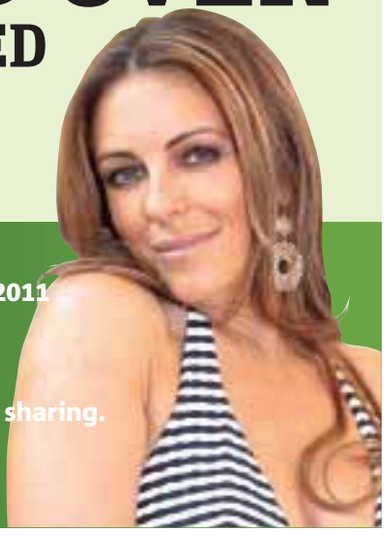
LUNCH RUSH
CAFÉ PLATEA IS BIG ON SERVICE AND PORTIONS {page 11}

COFFEE PERK
JOLT OF JOE KEEPS THE BLUES AWAY {page 10}

BOWLED OVER
HURLEY TO WED CRICKETER
DISH {page 9}



WINNIPEG metro®

Tuesday, October 4, 2011
www.metronews.ca

News worth sharing.

Pulling. Their weight

▶ A City of Winnipeg staffer takes a tumble due to the energy needed to pull a 42,000-pound firetruck as part of a United Way fundraiser over the noon hour yesterday. The city's Employees and Retirees Charitable Fund raised $460,000 for charities last year.

JAMES TURNER/METRO

Big tug loosens charitable purse strings

It's time to cast your vote

Largest-ever turnout at advance polls ◐ Record 78,000 Manitobans cast their ballots early ◐ Shaping up to be great race

Yesterday was the final day of campaigning, and the three provincial party leaders threw themselves headfirst into a whirlwind of campaigning and door-knocking in a bid to get last-minute votes.

NDP Leader Greg Selinger made no fewer than six campaign stops in six key ridings that are shaping up to be a tough battle for the NDP.

Meanwhile, Conservative Leader Hugh McFadyen not only door-knocked in various ridings but also stopped to make one final campaign announcement, promising a new police task force and accepting the endorsement of the Manitoba Police Association.

The task force, called the Integrated Serious Offender Task Force, would monitor dangerous and violent offenders more closely.

Liberal Leader Jon Gerrard spent the last day of the campaign in his own riding in an effort to keep the Liberals on the electoral map. The latest polls show Liberal support at only 10 per cent.

ELISHA DACEY

Polls are open

- Polls are open today from 7 a.m. to 8 p.m.
- To find out where you need to vote, check out electionsmanitoba.ca.

Enjoy a fabulous stay at THE FORT GARRY hotel with bed and breakfast rates from $139. www.fortgarryhotel.com

1 news

Look close enough at a college student's Facebook profile, and you might find evidence of a drinking problem. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

Allan Small sees potential for a market rally during the coming earnings-report season. More at metronews.ca.

Follow us on Twitter @metrowinnipeg

Grand Chief appalled by Air Canada memo

Grand Chief Derek Nepinak said he's appalled at comments made by Air Canada in regards to Winnipeg's downtown being too dangerous — but then said the downtown area is too dangerous for his residents to live in.

The kerfuffle began late last week when a leaked memo was picked up by local media about Air Canada's decision to no longer house its crews in a downtown hotel. The memo cited the downtown's levels of violence and the "security threat" of about 1,000 First Nations residents having to move downtown due to being displaced by spring flooding.

Nepinak called the memo racist.

"It is entirely inappropriate for one of Canada's largest corporations to link the presence of First Nations citizens in Winnipeg's downtown core with any increased security risk," said Nepinak. "Further, such negative commentary regarding our displaced friends and families is irresponsible and displays ignorance of the matters at hand."

Nepinak then said the citizens who have moved downtown have been actively lobbying to be moved because they find downtown "too dangerous and are worried about the safety of their children and families."

Nepinak asked for an apology from Air Canada, which he got yesterday afternoon, saying the memo had no "intent to cause offence to any individual or group and apologizes if it inadvertently did so."

ELISHA DACEY

Tiger. Love

▶ Kendra the Amur tiger gives one of her cubs a lick yesterday at the Assiniboine Park Zoo.

JAMES TURNER/METRO

Help name the tiger cubs

The cubs, a male and a female, were released from their den into the tiger enclosure at Assiniboine Park Zoo yesterday morning for the first time since they were born on July 29. Winnipeggers can help name the tiger cubs by liking the zoo's Facebook page and participating in the poll.

Hornbrook killing suspect had history of violence

- **Police won't give any information on the relationship with victim**
- **The accused killer is a father of seven children**

JAMES TURNER
@METRONEWS.CA

Not long before police say April Hornbrook was killed, the man suspected in her death stood outside the Northern Hotel and had a smoke with a woman named "April," according to court transcripts.

Shortly after that, Max Maurice Richard became involved in a scuffle with another man who had slapped her for an unknown reason, a judge was told of the Aug. 25 incident.

Richard, 36, was accosted soon after by the same man and fought him off in an apparent act of self-defence, lawyer Dan Manning argued at a Sept. 22 hearing where Judge Marsha Slough agreed to release Richard from jail pending trial.

Richard was arrested and charged with robbery and assault causing bodily harm on Sept. 7 in relation to the scuffle — 10 days after Hornbrook's body was found in an isolated area just a stone's throw from the frequently rough-and-tumble hotel.

Federal prison

▶ Max Maurice Richard has twice served lengthy stints in federal prison. The last was a five-year term handed to him in 2002 for a series of robberies in Winnipeg that included extreme violence.

Investigators believe Hornbrook, a 24-year-old mother of one, was attacked sometime late on Aug. 25 or early the next day.

Homicide detectives charged Richard with second-degree murder at his mother's apartment on Manitoba Avenue last Friday.

Richard is presumed innocent of all charges he's facing.

He remains in custody at the Winnipeg Remand Centre.

Crash that disabled woman leads to jail time

JAMES TURNER
@METRONEWS.CA

A young woman who crashed her car while drunk and left her friend permanently disabled and needing round-the-clock care has been ordered to spend a year in jail.

Jackelynn Payne, 21, was taken away from court in handcuffs to jail yesterday. She previously pleaded guilty to impaired driving causing bodily harm.

Payne was behind the wheel and well over the legal alcohol limit when she and two friends left a home outside Winnipeg to attend a social on Feb. 26, 2010.

She ran a red light at an intersection and drove right under a semi traveling at "highway speed," Judge Patti Umpherville said. The roof of the car was ripped off from the impact.

While Payne and another passenger escaped largely unscathed, the woman travelling in the passenger's seat was left a quadriplegic.

The victim has "extensive and permanent" injuries, said the judge.

"She has had her quality of life stripped from her. The emotional scars suffered by her ... will doubtfully heal as she faces the rest of her life as a quadriplegic," Umpherville said.

For more local news visit metronews.ca/Winnipeg

EASTER SEALS™

MILLION DEALS

LOTTO

YOUR CHANCE TO WIN

$3 MILLION

TO ORDER CALL

988-3333

WWW. EASTER SEALS MILLION DEALS .COM

BUY 2 TICKETS GET 1 FREE

smd FOUNDATION

Easter Seals

All proceeds support individuals with disabilities

License MGCC3031RF

Nobel for Canadian-born scientist stands

Nobel committee was unaware of Steinman's death Friday when it announced he would share prize

Canadian-born Ralph Steinman was awarded the Nobel Prize in medicine yesterday — three days after pancreatic cancer claimed his life, despite the scientist's efforts to adapt his own discoveries in immunotherapy for treatment.

In what seems a particularly cruel twist of fate, Montreal-born Steinman , 68 when he died, never knew he had been awarded medicine's most sought-after prize, which is shared with American Bruce Beutler and Jules Hoffmann of France.

The Nobel committee had been unaware of Steinman's death Friday when it announced he was to share the award, worth about $1.5 million. Since 1974, the Nobel statutes haven't allowed posthumous awards unless a laureate dies after the announcement but before the Dec. 10 award ceremony.

Discovery

- Steinman's discovery dates back to 1973, when he found a new cell type, the dendritic cell, which has a unique capacity to activate T-cells.
- Those cells have a key role in adaptive immunity, when antibodies and killer cells fight infections.
- They also develop a memory that helps the immune system mobilize its defences next time it comes under a similar attack.

However, after an emergency meeting yesterday, the Swedish foundation said the prize would remain, saying: "The Nobel Prize to Ralph Steinman was made in good faith, based on the assumption that the Nobel laureate was alive."

Officials said the situation was unprecedented.

THE ASSOCIATED PRESS

SETH WENIG/THE ASSOCIATED PRESS

▶ Family members of Nobel Prize winner Ralph Steinman walk in front of a picture of Steinman during a ceremony honouring him at Rockefeller University in New York yesterday. From left, daughter Lesley Steinman, wife Claudia Steinman and son Adam Steinman.

News in brief

MATT SAYLES/THE ASSOCIATED PRESS FILE

▶ Gene Simmons and Shannon Tweed

Simmons, Tweed nuptials benefits SPCA

DONATIONS. The Saskatoon SPCA says it is $5,700 richer thanks to the wedding of reality TV star Shannon Tweed and Kiss rocker Gene Simmons.

The couple wed in Beverly Hills, Calif., on the weekend and, instead of setting up a gift registry, asked guests to consider donating to the SPCA.

Tweed, a former Playboy model born in Newfoundland, was raised in Saskatoon.

THE CANADIAN PRESS

Berlusconi aides face trial

INDICTED. A Milan judge yesterday ordered three aides to Premier Silvio Berlusconi to stand trial on charges they allegedly recruited a Moroccan girl and several women for prostitution.

All three have denied wrongdoing.

Berlusconi is being tried separately for allegedly paying for sex with the underage Moroccan teenager. He denies wrongdoing. The trial begins Nov. 21.

THE ASSOCIATED PRESS

Massacre site opens to media

NORWAY. Norway opened the island of Utoya to journalists yesterday, the first time since confessed mass killer Anders Behring Breivik massacred 69 people at a youth camp in July.

THE ASSOCIATED PRESS

Nurse pours on pressure for an Albertan breast milk bank

HEATHER MCINTYRE
@METRONEWS.CA
METRO CANADA IN EDMONTON

Support for a human-breast-milk bank in Alberta is growing, and an Edmonton woman is doing what she can to pump it up even further.

Erie Melnyhchuk, a registered nurse and lactation consultant, began advocating last year and started a petition last week, though she noted it's a long process, due to the need for funding, space and government support.

"We would be using the breast-milk bank for preterm babies and if mothers couldn't produce milk," Melnychuk said. "I know there are needs for that."

Natasha Chiam agrees.

HEATHER MCINTYRE/METRO

▶ Erie Melnychuk poses with two bags of her frozen breast milk.

"My first son was a preemie, so we spent just about three weeks in (the neonatal intensive-care unit)" said Chiam. "I was able to pump enough milk for him, but had I not been able to, I would have chosen it over formula."

But Natasha Proulx, mom to one-year-old twins, isn't so sure.

Milk sharing

- There is currently only one human-milk bank in Canada, located in Vancouver.
- The Petition for Public Interest in a Human Milk Bank in Alberta, online at petitiononlinecanada.com, had more than 200 signatures yesterday afternoon.
- The Facebook group Human Milk 4 Human Babies — Alberta is a popular way to share breast milk.

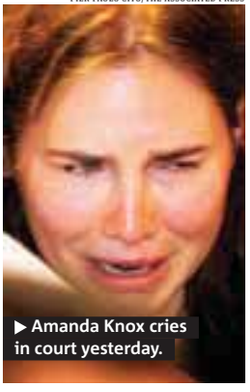
"I tried to nurse and ended up using formula," she said. "I would want any breast milk to come from me, not another mom. I know it's tested but I still might feel uncomfortable."

For now Melnychuk plans to use the petition to continue to garner more support.

Knox going home

Italian appeals court clears American student of murder conviction Orders her immediate release

PIER PAOLO CITO/THE ASSOCIATED PRESS



▶ Amanda Knox cries in court yesterday.

An Italian appeals court threw out Amanda Knox's murder conviction yesterday and ordered the young American freed, a stunning reversal four years after she was jailed for the death of her British roommate.

Reports say she left prison late last night and will fly home to Seattle with her family today.

Knox, 24, collapsed in tears after the verdict overturning her 2009 conviction was read out. Her co-defendant, Italian Raffaele Sollecito, also was cleared of killing 21-year-old Meredith Kercher in 2007.

The eight-member jury acquitted both Knox and Sollecito of murder after a court-ordered review cast serious doubts over the main DNA evidence linking the two to the crime.

The judge upheld Knox's conviction on a charge of slander for accusing bar owner Diya "Patrick" Lumumba of carrying out the killing. He set the sentence at three years, meaning for time served. Knox has been in prison since Nov. 6, 2007.

The Kercher family looked on grimly and a bit dazed as the verdict was read out by the judge after 11 hours of deliberations. Outside the courthouse, some of the hundreds of observers shouted "Shame, shame!"

Earlier yesterday, Knox tearfully told the court she did not kill her roommate.

"I've lost a friend in the worst, most brutal, most inexplicable way possible," she said of the 2007 murder of Kercher, who shared an apartment with Knox when they were both students in Perugia. "I'm paying with my life for things that I didn't do."

THE ASSOCIATED PRESS

Tensions. Rising

▶ Palestinians hold pictures of their relatives being held in Israeli jails during a protest calling for their release in the West Bank city of Nablus, yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Fires fuel controversy

Tensions in the region escalated yesterday after arsonists torched a mosque in an Arab village in northern Israel. Graffiti sprayed at the site suggested Jewish radicals, suspected in other recent mosque fires, were involved.

New York mayor grilled at fraud trial

Mayor Michael Bloomberg testified yesterday against a former campaign operative accused of bilking him out of more than $1 million, then underwent hours of cross-examination by a defence lawyer who questioned whether he had skirted the law himself.

"He promised things that he didn't do," Bloomberg said of John Haggerty, who is accused of persuading the mayor and his staff to finance an expansive poll-monitoring initiative that never materialized, then using most of the cash to buy himself a house.

The defence has sought to paint a picture of Bloomberg as a high-rolling candidate surrounded by privileged insiders who skirted ethics rules.

THE ASSOCIATED PRESS

Proudly Canadian†.

CHEQUES ARE SO POST DATED

INTERAC e-Transfer™ is a fast, simple and secure way to send and receive money. All you need is the email address of the recipient and access to online banking. Learn more at Interac.ca/eTransfer.

Interac e-Transfer

FAREWELL TO CHEQUES TOUR

YOU COULD WIN
TICKETS TO THE CONCERT OF YOUR CHOICE AND MORE!*
ENTER AT FAREWELLCHEQUES.CA

No purchase necessary. Closes Oct 22/11 at 11:59:59 p.m. ET. Open to legal residents of Canada (age of majority) with a valid Canadian Demand Bank Account prior to Sept 9/11. Enter online and full rules at www.farewellcheques.ca. One (1) Grand Prize available of a Rock Star Treatment Trip for two anywhere in Canada or the U.S.A. (excluding Hawaii). ARV: $5,000.00 CDN. Forty-four (44) Daily Prizes available, each consisting of the winner's choice of: (i) one (1) $300.00 CDN Canadian Concert Gift Card and one (1) $50.00 CDN iTunes Gift Card; OR (ii) a one-time $300.00 CDN Interac e-Transfer. Odds depend on number of eligible entries. Skill-testing question required.

†INTERAC e-Transfer is offered by Acxsys Corporation. Acxsys Corporation's shareholders are Canadian financial institutions. ®,™; INTERAC, the INTERAC logo, INTERAC e-Transfer and the armoured truck design are trade-marks of Interac Inc. Used under license.

THIS BARISTA'S CUP IS STILL HALF FULL

SHE SAYS ...

JESSICA NAPIER
METRO

After high school, I sunk six years and thousands of dollars into post-secondary education. And yet, I managed to learn some of life's greatest lessons from behind the counter at a local coffee shop.

For four years I worked evenings and weekends slinging cappuccinos for $6.25 an hour and actually loved almost every minute of it. Sure my hair permanently smelled of Guatemalan dark roast, but as far as part-time jobs go, being a barista is a pretty good gig. I enjoyed an endless supply of free coffee (an integral component in my scholarly success) and made a series of interesting new friends I might never have met otherwise. And while a large percentage of my fellow employees were the Hipster Barista meme personified, they were always happy to share the last piece of lemon poppy-seed cake or make me a mix CD.

"I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations."

I certainly wasn't the best barista in town — my latte art always ended up looking like a Jackson Pollock abstraction rather than a perfectly swirled leaf — but over the course of my coffeehouse tenure, I learned some pretty neat things. I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations.

But the most important lesson I learned in those barista years is this: people are pretty rude, especially before they've had a cup of coffee.

They say the customer is always right; this is true about 50 per cent of the time (I'm being generous here). The other 50 per cent of the time you just have to fake it. And so I happily smiled through strings of obscenities and personal insults, apologized when I wasn't at fault and prepared new drinks for those who had ordered incorrectly to begin with.

Working in the coffee shop wasn't really about mastering the roasting scale or brewing techniques; it was about standing on your feet and taking customer abuse for 10 hours a day without letting it crush your soul. Underpaid and overworked, I know just how difficult life can be on the other side of the counter and I'm a better person for it.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the sale and distribution of raw milk be legal?

80%
YES. LET CONSUMERS DECIDE

20%
NO. IT'S A HEALTH RISK

Local tweets

- **@jrp0724:** Say what you will about #Winnipeg, but riverwalk on a glorious October day is a beautiful place to be..
- **@CappyD:** Hard to hate a Monday with this weather. #winnipeg #keepitrolling
- **@undertherefilms:** Btw today is catch up on movies I've heard about but yet to see day. Better known as wait for my jets tickets to arrive day
- **@momstownWpg:** Anyone else have kids at home who are on nap strike? Always leads to a very messy house and one tired mama!
- **@janenearmstrong:** OMG IM TRAPPED IN MY CAR WITH A WASP OMGOMGOMG NSMJDWHE,S.CKVI
- **@missCindyDee:** Just know, if u run in front of my car.. I will hit u.. I only stop for food and old people..
- **@stefspeaks:** A little advice for aspiring fires: you get put out if you don't get a little wild.
- **@Christinatania:** Got an A on my paper- that's it?

Letters

What's life all about? I have to wonder, when even physicists, like the late John Wheeler can say: "We do not know the first thing about the universe, about ourselves, and about our place in the universe."

But some people seem to know it all, like Christopher Hitchens, author of God is not Great, and Richard Dawkins, author of The God Delusion, who most likely spawned the new militant-atheist movement.

We live in, and are surrounded by, countless fantastic natural phenomena. Would any person or scientist believe in the metamorphosis of the butterfly if it weren't an established fact? No.

Why, then, are we forced and encouraged to spend our short life as money-making and hoarding-machines and other trivial pursuits that are designed by those, what I called previously the "Self Appointed Elite." I'm ashamed to witness the daily lies, deceptions and stupidities in politics and business.

Humanity needs a new vision: it has to be created by open-minded thinkers.

GUNTHER OSTERMANN, B.C.

Open. Wide

▶ A performer puts his head inside a crocodile's mouth to retrieve some money at Samutprakarn Crocodile Farm in Bangkok.

RICHARD JONES / SINOPIX/REX FEATURES

Photo of the day

The fearless teen slipped his head inside the croc's huge mouth, perilously near two rows of fearsome razor-sharp teeth. It was no mean feat, considering a crocodile's jaw is the strongest of any living animal, including the great white shark.

WEIRD NEWS

Drink your words

MORSKOIBOY.COM

If you ever wondered what words taste like, now you're in luck. Misha Volodin from St. Petersburg, Russia, a 30-year-old music-shop clerk by day, disc jockey Morskoiboy by night, spent his after-work hours building a contraption that mixes cocktails by typing on a keyboard.

Metro asked him how it works:

"Behind each of the letter keys is a syringe pump, filled with your choice of liquid. When you press a key, its letter lights up on the screen. But instead of using liquid crystals, as in other electronic displays, my machine's display functions via multicoloured syrups and liquids. Yes, this machine converts words into cocktails.

"Attached in the back of the keyboard, there are slots for the bottles with coloured beverages in them. There are 26 slots altogether, one for each letter of the Latin alphabet. When a syringe stem goes up, liquid is taken from the bottle connected to it. There are 136 tubules inside, equaling about 30 metres of tubes and pipes."

METRO WORLD NEWS

metro
METRO WINNIPEG • 161 Portage Ave E • Suite 200 • Winnipeg MB • R3B 2L6 • T: 204-943-9300 • Fax: 888-846-0894 • Advertising: 204-890-8397 • adinfowinnipeg@metronews.ca • Distribution: winnipeg_distribution@metronews.ca • **Publisher** Steve Shrout, **Managing Editor** Elisha Dacey, **Sales Manager** Dave Kruse, **Distribution Manager** Rod Chivers • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Apple fans amped for new iPhone

Company expected to unveil iPhone 5 today • First upgrade of the popular smartphone since June 2010

Apple Inc. is expected to announce a new, more powerful version of its wildly popular smartphone today.

And as in the past, consumers are likely to clamour for it. Analyst Tim Bajarin says Apple could sell more than 25 million iPhones during the holiday quarter, which would be well above the 16.2 million it sold during the holidays last year.

"There's huge pent-up demand for this," he said.

39M
From January to June of this year, Apple sold 39 million iPhones.

The first iPhone was launched in 2007, and its slick looks, high-resolution screen and intuitive software made it a winner from the start.

The new iPhone is expected to have Apple's latest iOS mobile software, iOS 5. It includes wireless device setup and content synching as well as beefed-up camera, email and Web-browsing apps.

The phone is also expected to have Apple's forthcoming iCloud service, which stores music, documents, apps and photos on Apple servers and lets users access them wirelessly on numerous devices. THE ASSOCIATED PRESS

Flesh. Mob

▶ Protesters dressed as zombies march through the New York financial district yesterday.

JOHN MINCHILLO/THE ASSOCIATED PRESS

'Zombies' attack Wall Street

Activists speaking out against corporate greed showed no sign yesterday of giving up their campaign in New York City, with organizers urging participants to dress as "corporate zombies" and rally against police brutality. The weekend arrests of 700 people fuelled the anger of other protesters and sparked support elsewhere in the United States as Occupy Wall Street entered its third week.

Greek debt crisis worsens

Inspectors from the IMF, European Central Bank and European Commission are in Athens this week reviewing reforms to see if Greece qualifies to receive the next 8-billion-euro instalment of its 110-billion-euro bailout. Without it, Greece will run out of funds to pay salaries and pensions in mid-October.

Greece's debts are projected to reach 172.7 per cent of gross domestic product next year.

Greeks have reacted with outrage to yet another round of austerity after facing a year and a half of tax hikes and salary and pension cuts. Unions hold near daily demonstrations, and have declared a general strike for Oct. 19 and a civil servants' strike tomorrow. Air traffic controllers are set to join the strike, essentially grounding all flights. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
-372 (11,251.84)	- 0.26¢ ($95.14¢ US)

Oil	Natural gas 1,000 cu ft
- $1.59 ($77.61 US)	$3.617 US (- 4.9¢)

Gold $1,657.70 US (+ $35.40)

VOTE

Today is election day.

Voting places are open from 7:00 am to 8:00 pm.

Am I eligible to vote?
If you are 18 years or older, a Canadian citizen and a resident of Manitoba for the past six months, you can vote.

What if I haven't been enumerated?
Just bring government issued photo ID, such as a driver's licence, or two other documents with your name.

Where do I vote?
The form you received when you were enumerated tells you where to vote. You can also contact your returning office or visit our website.

For more information:
Call your returning office or Elections Manitoba
Ph. **945-3225** • Toll-free **1-866-628-6837**
electionsmanitoba.ca

*Democracy is stronger **with all of us.***

ElectionsManitoba

2 scene

Scene in brief

The Bluth family's frozen banana stand may be back in business. At an Arrested Development reunion Sunday at the New Yorker Festival, the creators and cast announced plans for a new TV show that spins off the short-lived but critically acclaimed TV show, which went off the air in 2006 after just three seasons. They also discussed more concrete plans for a much-awaited movie.
THE ASSOCIATED PRESS

Andy Rooney considers himself lucky as he ends weekly 60 Minutes run after 33 years.

A real horror show

FX set to premier American Horror Story ◐ Does this haunting homage have staying power?

HANDOUT

▶ American Horror Story is a new twist on the time-honoured story of an unsuspecting family taking up in a haunted house.

Just when you needed it, the FX network is throwing American Horror Story at you.

To judge from its first two episodes, it's a robust diversion from the real-life droughts and hurricanes, joblessness and political stalemate that were already giving you the willies. It aspires to be The Shining-meets-Rosemary's Baby, with Carrie and Don't Look Now tossed in.

But more than a dead-on horror show, it's a homage to cinematic spookery. And a good one. In short, American Horror Story doesn't really scare you. It just gets in your head. The big unknown: Is it wily enough to stay there, week after week?

Alert: Spoilers coming up — which is another way of saying you might just as well apply the time you'd spend reading this to watching the premiere and then making up your own mind. You'll find it a memorable experience, at least.

From the fertile imaginations of Ryan Murphy and Brad Falchuk (Glee, Nip/Tuck), American Horror Story has a premise that is simple and time-honoured: A haunted house is occupied by a likable, remarkably unsuspecting family.

Ben Harmon (played by Dylan McDermott) is a Boston psychiatrist who has been caught cheating by his wife, Vivien (the wonderful Connie Britton of Friday Night Lights). She already was reeling from a late-term miscarriage. They need to make a fresh start. They and their teenage daughter, Violet (Taissa Farmiga) pull up stakes and head cross-country for Los Angeles.

FX comes to Canada

▶ American Horror Story will air on FX Canada, which will launch on Nov. 1 as a digital service.

"This place is our second chance," Ben tells Vivien, whose forgiveness he desperately seeks — if for no other reason than because she hasn't slept with him for almost a year.

This place, the family's new homestead, is a looming "classic L.A. Victorian from the 1920s," according to the real-estate agent showing them around. But it seems more like a vestige of Monster Chiller Horror Theater, a domicile whose past residents have, of course, died gruesomely.

Sold!

If the elements of this horror story seem secondnature, they take the form of striking imagery that, at times, makes them as unsettling as they are familiar.

The house, restored from its previous ramshackle condition, retains disturbing artifacts upon which the Harmons will stumble. The house also comes with strange neighbours. Jessica Lange plays Constance, a busybody Southern belle with an even more intrusive daughter, Adelaide, who (like Jamie Brewer, portraying her) has Down syndrome.

With his practice set up in the family home, Dr. Harmon's ill-advised first client is a teen psychopath (Evan Peters), who bonds with the Harmons' troubled daughter after they meet in the bathroom, where she's cutting herself.

That's not all the weirdness in store. Did we mention Moira, the longtime housekeeper (played by Frances Conroy, past matriarch of Six Feet Under)? She's the sort of spectral figure who warns these new owners that the house "has a personality; feelings. Mistreat it and you'll regret it."

But Ben sees Moira another way. Spinsterish, middle-aged Moira appears to him as "Moira, Jr." (played by Alexandra Breckenridge), a sexy young temptress with a scanty French-maid outfit and a come-on look.

The premiere dumps a number of major questions on the audience, including the most fundamental: Why do the Harmons stick around in this crazy house?
THE ASSOCIATED PRESS

Martha does what with the door open?

Stewart's daughter releasing book that features some disturbing revelations about domestic diva

MARK VON HOLDEN/GETTY IMAGES

▶ Martha Stewart

Martha Stewart is getting the "Mommy Dearest" treatment from daughter Alexis Stewart in a new memoir, Whateverland: Learning to Live Here, which will be released later this month.

"Martha does everything better! You can't win!" Alexis writes in the book, according to the Daily Mail.

"If I didn't do something perfectly, I had to do it again. I grew up with a glue gun pointed at my head."

Alexis also makes some startling revelations about the domestic diva's hygiene, revealing that Martha "always peed with the door open," according to the book.

"I remember saying, 'You know, now I have friends over! You can't do that anymore! It's gotta stop! My friends' parents don't do it! Give me a break here! I don't feel like being embarrassed! It's exhausting! I'm a kid! Stop!'"

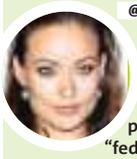
METRO

Celebrity tweets

@JessicaSimpson

What kind of music would y'all want from me on my next album? Thinking about going back to the studio

@oliviawilde



Auto-correct strikes again. My phone turns "fed" into "F'ed" which is awkward when telling my roommate I gave the dog his food.

@RealRonHoward

Bryce is directing up a storm Even preggers

Hurley engaged to cricketer

With her divorce from Arun Nayar finalized in June, Elizabeth Hurley is ready for marriage again.

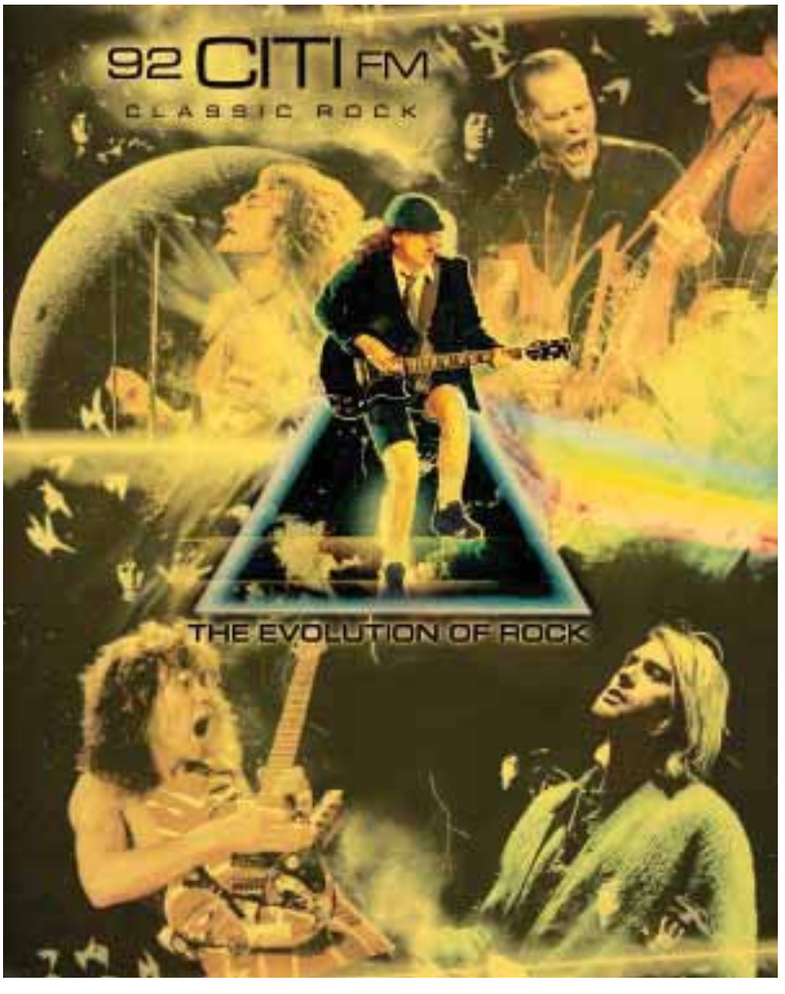
The actress is now engaged to cricket player Shane Warne, the happy couple confirmed on Twitter.

"Shane Warne has confirmed his engagement to actress Elizabeth Hurley after proposing at the Alfred Dunhill Links Championship," a rep for the golf tournament said in a press release.

Hurley had recently been spotted sporting a massive sapphire ring, which is suspected to be her engagement ring.

METRO

Elizabeth Hurley



T.I. performs duet with Taylor Swift

NEILSON BARNARD/GETTY IMAGES

▶ Tip 'T.I.' Harris

Rapper T.I. has joined country star Taylor Swift in a surprise duet at her concert in Atlanta.

Toward the end of Swift's set on Sunday night, she introduced T.I. by singing the opening chorus of his hit song Live Your Life.

The packed house at Philips Arena screamed once he stepped onstage for the unannounced appearance and started to rap.

The two Grammy winners stood side-by-side as he rapped and she sang a vocal part originally handled by Rihanna.

Swift has featured guests ranging from Justin Bieber to Nicki Minaj onstage during her tour.

The Sunday show was a makeup performance for a postponed July show.

T.I. has made several appearances since his release from a halfway house last month following 10 months in federal prison on a probation violation.

THE ASSOCIATED PRESS

3 life

ISTOCK PHOTOS

▶ Drinking coffee on a regular basis can keep a smile on your face.

Java keeps you jovial

Harvard study shows coffee drinkers at lower risk of developing depression ◐ So, drink up

CELIA MILNE
LIFE@METRONEWS.CA

Go ahead, be happy. Have a cup of java.

A large study at Harvard set out to find whether drinking coffee was associated with depression, as previous studies had hinted. Results were surprising.

"Regular coffee drinkers have a lower risk of developing depression than non-coffee-drinkers," Dr. Albert Ascherio, professor of epidemiology and nutrition at Harvard University school of public health, told Metro.

Researchers analysed records for 50,739 women who participated in the Nurses' Health Study. None of these women had depression at the start of the study in 1996.

They were asked how much caffeine they consumed, and they were followed until 2006. In that time, there were 2,607 cases of depression.

They compared women who drank one cup of coffee or less per week to those who drank two to three cups per day, and found the latter had a 15 per cent decrease in risk for depression.

And those who drank a whopping four cups a day were at a 20 per cent decrease in risk.

The authors — not wanting women to start drinking copious amounts of coffee helter skelter —note that these results need to be duplicated in other studies.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduce the risk of depression, but only suggest the possibility of such protective effect," says Ascherio.

What is healthy?

How much coffee is safe for you?

Numbers Health Canada suggests that healthy adults can drink up to three cups of coffee a day.

Trends

Contagion freak out

Steven Soderbergh's Contagion has everyone squirming and itching — and for good reason. The movie's deadly pandemic virus is being backed — not snubbed —by scientists at the CDCP (Centers for Disease Control and Prevention). It's modeled on a fatal South Asian infection, Nipah Virus, known to have migrated from animals to people.
METRO

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Family First-Aid Essentials Every year more than 3 million Canadians end up in an ER because of an injury, but many of those visits are unnecessary because the injuries may be minor. Writer Michelle Villett checked with leading experts to find out what the essentials are about some of the basic remedies for a family first-aid kit.

For minor cuts and scrapes: Try Polysporin, Bactroban or Ozonol. These topical ointments contain antibiotic ingredients and treat against minor infections.

For minor burns/sunburns: Try Aspirin, Advil, Aleve or Tylenol. Each have different active ingredients but all work by temporarily blocking the body's production of prostaglandins, which activate pain and fever.

For insect stings and minor skin irritations: Try Life Calamine Lotion with Antihistamine, Benadryl Itch Stopping Cream, Cortoderm Ointment. These relieve symptoms of local inflammation.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/ METRONEWS

Scientists shake it up in dance video for McGill cancer research centre. Scan this code to read the story and watch the video.

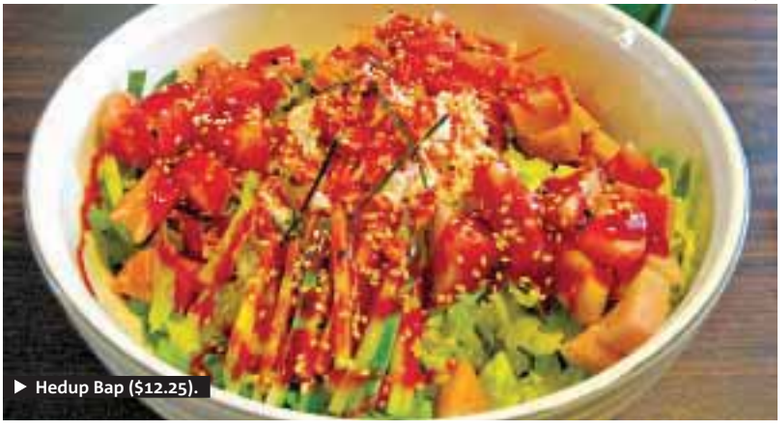
Korean & Japanese mash-up

- Café Platea offers cuisines of both countries — such as sushi & Hedup Bap
- A charming atmosphere and pleasant service will have you coming back

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

PAY CHEN



▶ Hedup Bap ($12.25).

It took a full year of driving by before I finally decided to visit Café Platea Sushi & Korean BBQ.

Located in a charming house within steps of a handful of other sushi and Asian restaurants, Café Platea is warm and inviting.

A well-edited list of sushi rolls is available, featuring standard favourites and a few with a Korean spin.

Can't decide between Japanese and Korean? There's a sushi roll with pork or chicken bulgogi. The best of both worlds.

The Hedup Bap ($12.25) is a wonderful bowl of rice, vegetables and sashimi with a delicious spicy sauce.

Cubed bites of raw tuna, salmon and sliced squid are nestled next to julienned cucumbers, shredded carrots and lettuce. The bowl is alarmingly large when presented but it's a light and filling meal.

There are many options nearby for a quick bite but the lovely service at Café Platea make it worth coming back to.

Café Platea
590 Corydon Ave.
414-9049
cafeplatea.com
Social lunch: Yes
Quick solo lunch: Yes
Price range: $3.25 - $16.95
Rating: 3.5 out of 5

NEWS CANADA

Turkey, Apple & Cheddar Hand Pies

Preparation:

1. In bowl, combine turkey, apple, cheddar, green onion and parsley. Divide mix over four tart shells. Brush tart edges with egg and top with remaining shells. Brush with egg and sprinkle with coarse salt. Using tip of knife, make ventilation slits in the top of each.
2. Bake at 400°F (200°C) until pastry is golden and filling is hot and bubbling, about 35 minutes. Let cool for 5 minutes before serving. **NEWS CANADA**

Ingredients:

- 2 cups (500 mL) shredded, cooked turkey
- 1 apple (peeled, grated)
- 1/2 cup (125 mL) grated sharp cheddar
- 1 green onion, sliced
- 1/4 cup (50 mL) chopped parsley
- 16 3–inch (7.5cm) frozen tart shells, thawed
- 1 egg, lightly beaten
- 1/2 tsp (2 mL) coarse salt

Cha-Ching.

Earn more cash back than ever before.

With the *Scotia Momentum*® family of VISA* cards, you can earn cash back on all your everyday spending†, and even higher rates of cash back on eligible gas, groceries, drug store purchases and recurring bill payments.

To apply, go online, call 1 800 551-8907 or visit a branch today.

scotiabank.com/momentum

You're richer than you think®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. * VISA Int./Lic. user The Bank of Nova Scotia. † Eligible spend and cash back amounts for each card are defined below.
¹ 1% cash back on purchases made at merchants classified by VISA Inc as Grocery Stores & Supermarkets, Service Stations & Automated Fuel Dispensers, Drug Stores & Pharmacies, and recurring payments (Merchant codes: 5411, 5541, 5542, 5912). Plus, 0.5% on all other purchases. ² 2% cash back on the first $25,000 of purchases made annually at merchants classified by VISA Inc as Grocery Stores & Supermarkets, Service Stations & Automated Fuel Dispensers, Drug Stores & Pharmacies, and Recurring Payments (Merchant codes: 5411, 5541, 5542, 5912). Plus, 1% on all other purchases. ³ 4% cash back on the first $25,000 of purchases made annually at merchants classified by VISA Inc as Grocery Stores & Supermarkets and Service Stations & Automated Fuel Dispensers (Merchant codes 5411, 5541, 5542); 2% at Drug Stores & Pharmacies (Merchant codes 5912) and Recurring Payments. Plus, 1% on all other purchases. Sometimes there are separate merchants located on the premises of these merchants that are classified by VISA in another manner, in which case, these added benefits will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. You do not earn cash back on purchase returns, credit vouchers, payments, cash advances, *Scotia*® VISA Cheques, card fees or interest charges.

FEELING HOUSE POOR?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Are your home expenses gobbling up all your money?

Home poverty happens when there's decreased household income, typically from unforeseen unemployment or reduced salary. Other times, people overbuy, thinking that an extra $30,000 wouldn't make much difference or perhaps a person signed up for an overly aggressive payment plan.

Home poverty is stressful because there's little money left over for other things like RRSP contributions, home maintenance, car repairs and vacations. It's also cited as one of the leading causes of spousal spats. The key to getting out of home poverty is increasing your cash flow. To do that, you either need to make more money or cut back on your expenses.

To make more; ask for a raise, work overtime, get a second job, open a small business or do some consulting. Don't forget to apply for all applicable government support and tax breaks (cra.gc.ca).

Making more money takes time, so focus on cutting expenses immediately.

If you're in major financial trouble, you need to make major adjustments. Consider selling your home and buying a more affordable one. Rent out rooms or investigate the legal requirements to transition your basement into a rental unit. If you've got two cars, sell one and share the other with your partner. Or, if you're close to mass transit, get rid of your car. If you've signed up for a luxury vacation, cancel it. If you've got Junior in private school, put him in the public system.

Beware Black October

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Ghosts and goblins and stock market bears — oh my! Investors should be aware of October's dark forces.

It isn't the worst month historically for the stock market (that honour belongs to September), but it is the month of the most memorable stock market drops (see the table below).

One October market stumble that didn't make the list is what is sometimes referred to as the Asian Flu of 1997, which pulled the market into a crevasse on October 27th, 1997.

It was a stomach churning 508 point, one-day drop of over seven per cent.

Another market crash is the dot-com collapse between early 2000 and late 2002.

The overall market decline didn't match that of the previous Black Octobers, but the technology laden NASDAQ was hammered, losing nearly 80 percent over 20 months.

By the time the lengthy technology unwinding officially ended early in October, countless portfolios had been shattered by Nortel, JDS Uniphase, Cisco, WorldCom and on and on.

Another October that doesn't rank in the top eight in terms of declines was in 2007. But it fits with other deadly Octobers since that month was the beginning of the U.S. real estate bubble popping.

Pulled down by the housing implosion, the S&P 500 dropped steadily before it came to rest at bottom in March 2009.

What lessons can we learn from the past? There's one that pops to mind.

Dollar cost averaging is your best friend. This is the practice of buying regularly over time rather than in lump sums here and there.

Don't guess which way the market is going. Don't try to time the market and jump in and out of investments.

If you are happy with the quality of your investments (stocks, exchange traded funds, mutual funds or bonds) then buy them regularly over time and you will smooth out the impact of all those nasty Octobers.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

ISTOCK

▶ October has traditionally been a rough month for the stock market.

Dark days, indeed

Here are eight memorable stop market drops that top the list for the Dow Jones Industrial Average in the season of the pumpkin.

- **October 1987:** -21%
- **October 1929:** -20%
- **October 1907:** -15%
- **October 2008:** -14%
- **October 1932:** -13%
- **October 1917:** -11%
- **October 1937:** -11%
- **October 1930:** -10%

*All figures rounded

October is often brutal on the stock market but you can protect yourself with smart investing practices.

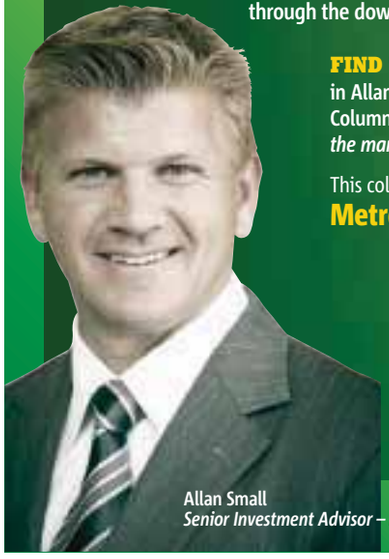
-ALISON'S MONEY RULE

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.



FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by: TD

Allan Small
Senior Investment Advisor – DundeeWealth

metro

MARKET SURVEY INC
IS SEEKING CANDIDATES FOR A REWARDING CAREER AS A CSR/ACCOUNT REP

Responsibilities:
• Providing Information for Potential Members • Update Current Members Account Information • Assist in Setup & Troubleshooting of New Member Equipment • General Sales & Marketing Support Efforts

Qualifications:
• College degree is a strong plus. (High School Diploma / GED required) • Excellent verbal and written communication skills required. • Flexible Schedule (nights, weekends and holidays are a must). • Ability to multitask • 1+ year experience in a customer service environment is a strong plus. • Knowledge of computers and Microsoft software required (Word/Excel)

We offer a starting salary of $14 - $17 per hour. (PT/FT)
Interested Candidates should forward resumes to : entrylevel00@hotmail.com

A PROBLEM THAT HAS TROUBLED COUPLES FOR AGES

ISTOCK

▶ Who gets to choose the TV program? Try sorting it out with your spouse by playing United Nations in your bedroom.

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I'm always arguing with my wife about the remote control in our bedroom. What side of the bed should it stay on and who has control of the channel we are watching?

This problem is in the bedrooms of most Canadians!

I have dealt with this exact issue in the homes of my clients.

The answer is simple — buy two remotes with your TV. Generic remotes from your local hardware or department store are often available.

But now who gets to pick the TV program? Butlers are wise people but this is a couples problem that only the two of you can resolve.

I would suggest negotiating and playing United Nations in your bedroom. Taking turns every other show or every other day is your choice.

Remember, the nicer you are to your wife, the nicer she will be with you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Demi Moore and Patrick Swayze are pictured in a famous scene from the 1990 romantic drama Ghost.

Ideas for your next date

1 Channel your inner artiste
Create your own Patrick Swayze/Demi Moore moment and craft your own piece of pottery. Skip the messy wet clay by visiting a paint-your-own ceramic studio. Don't forget to sign your piece of "art" for an instant family heirloom.

2 Take a staycation!
Act like a tourist in your own town and hop on a city bus tour. (Note: A couple of cocktails before boarding will make any tour more interesting!)

3 A fair to remember
Cotton candy, candy apples and carnies, oh my! Small town fairs are where it's at! Be sure to check out the prize-winning veggies and pies before taking a spin on the Ferris wheel. Go to festivals-and-shows.com/state-fairs.html (U.S. locations) or canadian-fairs.ca to find a fair near you.

4 DIY pizza
Forget calling the pizza parlour down the road — make your own pie! Buy some dough (or make your own from scratch), canned sauce and loads of your favourite toppings. It's fun and messy!

5 Branch out!
Plant a tree together. Buy some seeds from your local gardening centre and plant a tree. It's inexpensive and it's a treat to think back to the fun you had that night as you watch it grow in your yard.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

WINNIPEG'S HOTTEST SINGLES
FREE* TRIAL
Call NOW! 204-987-2222
Toll Free: 1-866-348-5282
18+ *Restrictions may apply
COLLECT CALL BILLING! 1-866-706-5282 | 1-900 BILLING! 1-900-528-2543
DIAL #CLICK (#25425) 79¢/min Bell, Rogers™, Fido | 99 ¢/min Virgin Mobile
lavalife VOICE
lavalifevoice.com

4 sports

Quoted

"We played good in the second half to come back and steal it. We have to play better in the first half, we know that. We have to come out and improve next week."

DETROIT LIONS QUARTERBACK MATTHEW STAFFORD YESTERDAY. DETROIT DUG A 27-3 HOLE AT DALLAS AND CAME BACK TO WIN 34-30 SUNDAY, A WEEK AFTER FALLING BEHIND MINNESOTA 20-0 AND WINNING 26-23 IN OVERTIME. THE 4-0 LIONS ARE THE FIRST TEAM IN NFL HISTORY TO RALLY FROM TWO-STRAIGHT 20-PLUS POINT DEFICITS FOR VICTORIES ACCORDING TO STATS, LLC.

Scan code for more sports news.

MARIANNE HELM/GETTY IMAGES

▶ Jets forward Mark Scheifele controls the puck against the Hurricanes at the MTS Centre last week.

Scheifele cracks Jets' opening night roster

'He has shown tremendous maturity,' Winnipeg GM says of 18-year-old

Mark Scheifele may have a sore jaw with all the smiling he's been doing these days.

The 18-year-old centre was beaming again yesterday after signing an entry-level contract with the Winnipeg Jets.

"I'm definitely very pumped," Scheifele said. "To sign an NHL contract has been a dream of mine and to get a chance to play in a regular-season game is unbelievable.

"I want to be there so bad and I want to work my hardest and I'm going to really give it my all every practice, every off-ice workout, every game."

8

Mark Scheifele had four goals and eight points in five games, finishing second in NHL pre-season scoring behind Dallas' Mike Ribeiro, who had two goals and 10 points.

The Jets have nine games to decide whether to keep this year's first-round draft pick (seventh overall) or send the Kitchener, Ont., native back for a second year of junior with the Ontario Hockey League's Barrie Colts.

Winnipeg general manager Kevin Cheveldayoff said Scheifele has potential, but how long he sticks with the big club is up in the air.

"Right now, there really are no expectations," he said. "He'll be in the lineup opening night (Sunday against the Montreal Canadiens) and we'll take it day by day in those regards. There's no guarantees of anything."

Scheifele's pre-season was a memorable one from the opening game when he had two goals and two assists.

Cheveldayoff still said Scheifele will have to prove he belongs in the NHL.

"I think he's got to show that he can continue on the path of consistency and show that he's physically mature," he said.

"This is still about development and the National Hockey League is a very tough league to develop in. He has to show that he's showing progression each and every time."

THE CANADIAN PRESS

ALDS pointed back in Rangers' favour

Colby Lewis outpitched all-star David Price, Mike Napoli hit a two-run homer and the defending AL champion Texas Rangers survived a shaky night from the bullpen to hold off the Tampa Bay Rays 4-3 last night in Game 3 of their post-season series.

The Rangers' fourth straight division series road win matches the third-longest streak in major-league history. Texas takes a 2-1 lead into Game 4 today at Tropicana Field.

Rookie Desmond Jennings hit a pair of solo homers for the Rays, who kept it interesting by scoring twice off Rangers relievers before Neftali Feliz got four outs for his second save of the series.

THE ASSOCIATED PRESS

RICK DIAMOND/GETTY IMAGES FOR CMT

▶ Tampa Bay's Ben Zobrist, left, is out on a check swing as Texas catcher Mike Napoli appeals to an umpire.

If today's talks fail, NBA may have to cut games

After a lockout that has lasted more than three months, whether the NBA season starts on time could come down to one "very huge day" in labour talks.

Owners and players will be back for a bargaining session in New York City today, knowing if they fail to produce results, there may not be enough time left to avoid cancelling regular-season games.

"A lot of signs point to tomorrow being a very huge day," players' association president Derek Fisher of the Lakers said. "There will be a lot of pressure on all of us in the room, and we'll accept that responsibility and go in and see what we can get worked out."

The sides met in small groups for about five hours yesterday, a session that deputy commissioner Adam Silver said was mainly about "setting the table" for today. While careful not to put too much pressure on today's talks, he and commissioner David Stern made clear there had to be signs of compromise.

"We both understand that if we don't make our best offers in the next few days, we're going to be at the point where we're going to be causing damage to the game, to ourselves, and they're going to be out paycheques," Silver said.

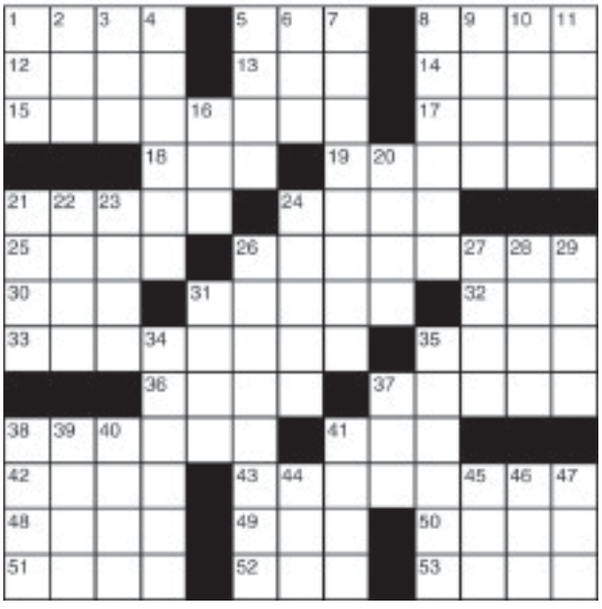
The league locked out players on July 1. Seeking significant changes after saying they lost $300 million US last season, owners want a new salary cap structure and are seeking to reduce the players' guarantee of basketball revenues from 57 per cent, to perhaps 50 per cent or below. THE ASSOCIATED PRESS

Camps are closed

The NBA regular season is scheduled to open Nov. 1.

▶ Players would have reported to training camps yesterday, but those were postponed and 43 pre-season games scheduled for Oct. 9-15 were cancelled last month.

Crossword



Across

1 "Zounds!"
5 Not operating
8 Pump or oxford
12 Long story
13 Squeezing snake
14 Day fraction
15 Athletic awards
17 Deserve
18 Stone in a peach
19 Raspy
21 Induces ennui
24 Half-quart
25 Always
26 Long-short feet, in poetry
30 Started
31 Actor Michael
32 Conk out
33 Woes
35 Paddock papa
36 Requirement
37 Say
38 Carlsbad attraction
41 Sis' counterpart
42 Operatic solo
43 Streetcars of a sort
48 Slapstick arsenal
49 A billion years
50 Concept
51 Vortex
52 Place for 15-Across, maybe
53 "Cut it out!"

Down

1 Superlative suffix
2 Needlefish
3 Past
4 Sharply dressed
5 Last write-up
6 Adversary
7 Couturiers' styles
8 Scabbard
9 Frost
10 Yours and mine
11 Sea eagle
16 Towel designation
20 Formerly
21 Hit hard
22 Finished
23 Change the decor
24 Used a crowbar
26 Having a flair for
27 Rewrite, maybe
28 Green land
29 Crystal gazer
31 Trucker with a radio
34 "— lies the head ..."
35 Emotionless
37 Web address, for short
38 Part of a Superman costume
39 Sahara-like
40 Fought (for)
41 German city
44 Fish eggs
45 Tokyo's old name
46 Longing
47 Took a chair

▶ Yesterday's answer

Sudoku

	2		3	1	8		7	
4								3
		8				6		
7	3		2		9		4	8
				4				
8	4		5		7		2	1
		3				8		
5								9
	8		4	9	5		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	6	2	4	5	1	8	7	9
5	9	4	7	3	8	1	2	6
1	8	7	6	9	2	4	5	3
8	7	6	9	2	4	3	1	5
4	5	3	1	8	7	6	9	2
2	1	9	3	6	5	7	4	8
7	2	5	8	4	3	9	6	1
6	3	1	5	7	9	2	8	4
9	4	8	2	1	6	5	3	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Julien
Hey you, I just wanted to let you know that each day I spend with you is the best day. I miss you the second you leave. Lots of special kisses & hugs. xo
FROM MAH

Chelsea (cupcake)
No matter where you are, or what your doing I will always be here for you. I spent my whole life giving up, I'm not giving up on you. You mean so much to me, and all I ever wanted to do was make you happy and see you smile. I'll never be mad at you, and having you in my life means so much. We have some history. Moments Frozen in Time. I Love you, your my bestest friend! Always xo
FROM J.J. MUFFIN

L..ife
lost without you...missing you a lot.
FROM LOST SMILE

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 7° Max 25°	Min 16° Max 27°	Min 16° Max 26°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are about to make a huge decision. Don't worry that you might get it wrong.

♉ Taurus April 21-May 21 There is a lot of tension in the air and it won't depart until Thursday.

♊ Gemini May 22-June 21 You can be quite emotional at times and that side of your personality will be to the fore today.

♋ Cancer June 22-July 22 It might be wise to play safe, for now.

♌ Leo July 23-Aug.23 You may be a life-affirming Leo but a little caution is no bad thing.

♍ Virgo Aug. 24- Sept. 22 Set the record straight about what you've been up to and to point out how critics have jumped to conclusions a bit too easily.

♎ Libra Sept. 23-Oct. 23 You must tell the truth today, even if by doing so you cause yourself a certain amount of grief.

♏ Scorpio Oct. 24-Nov. 22 Why do you fear the worst for no good reason?

♐ Sagittarius Nov. 23-Dec. 21 Important arrangements may have to be changed at the very last moment but you will profit in numerous ways.

♑ Capricorn Dec. 22-Jan. 20 What you gain over the next few days will more than make up for what you have lost in recent weeks.

♒ Aquarius Jan. 21-Feb. 18 A relationship that has fallen into a rut of late can be re-energized.

♓ Pisces Feb. 19-March 20. You don't have to be completely open about what you are doing — it's probably best to play your cards close to your chest.

SALLY BROMPTON

Caption contest

VADIM GHIRDA/THE ASSOCIATED PRESS

THEMBA HADEBE/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

MCFADYEN'S HYDRO RATE HIKES

Annual Hydro Bills

Based on annual consumption for 1,000 kWh
Source: Manitoba Hydro

VOTE NDP

KEEP HYDRO PUBLIC

Hugh McFadyen's resumé says it all: too big a risk with Manitoba Hydro

Mr. McFadyen was Gary Filmon's top advisor in the 90s when the PCs privatized MTS – even after promising not to. In his online resume, Mr. McFadyen even boasted about it, saying that he played a "central strategic role".

He then went to work for Ontario PC premier Mike Harris and worked to privatize hydro in Ontario.

After becoming PC leader, Mr. McFadyen said he would open Manitoba Hydro up to private investors. Hydro is Manitoba's oil and should remain public and working for everyone.

Greg Selinger and your NDP will keep building Manitoba Hydro to create jobs keep your rates low – already among the lowest in North America.

On October 4th, vote NDP to KEEP HYDRO PUBLIC

Greg Selinger

Today's NDP

Authorized by the CFO, Manitoba NDP